



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN  
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: COQUILLES ST. JACQUES

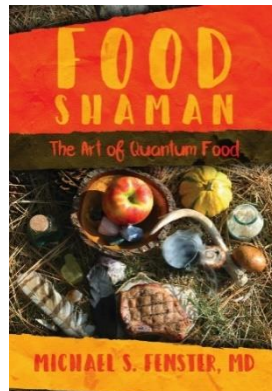
## JOURNEYS INTO QUANTUM FOOD: Culinary CPR

*"Convenience is pervasive not only in the fast food industry, but extends into home ingredient procurement and meal preparation. The irony lies in such a stratagem where we strive to save seconds from a meal we should be spending more time to savor. We remove days, if not years from our lives by eating such easy fixins'."*

*~ Food Shaman: The Art of Quantum Food (June, 2018)*



Coquilles St. Jacques with mushrooms



*The NEW groundbreaking book on The Food Experience available from Post Hill Press June 12<sup>th</sup>, 2018! Click to Pre-order!*

This week we re-visit and re-interpret a classic dish, scallops on the half shell with a cream-based sauce (yes, those healthy dairy fats are here, and their benefits covered in *Food Shaman!* Make sure you get organic from grass pastured cows!).

**Coquilles St. Jacques with mushrooms**

*Ingredients:*

- 2 tablespoons unsalted butter
- 1/2 cup diced shallots

- 1/2-pound assorted mushrooms (Shiitake, Oyster, Crimini & Portobello)
- salt and freshly ground black pepper to taste
- 1 cup white wine
- 1-pound sea scallops
- 1/2 cup heavy whipping cream
- 1 pinch cayenne pepper, or to taste
- 2 teaspoons minced fresh tarragon



*Culinary CPR with Chef Dr. Mike & Chef Luca Paris!*

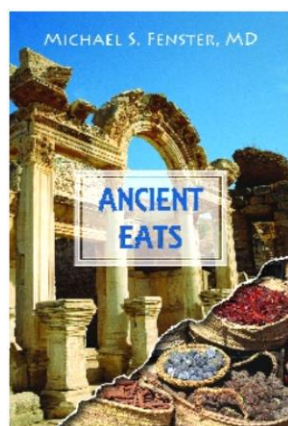
(Continued on page 2)

THE NEW SHOW IS HERE  
COMING FALL 2018!!!

.LIFE CHANGING.

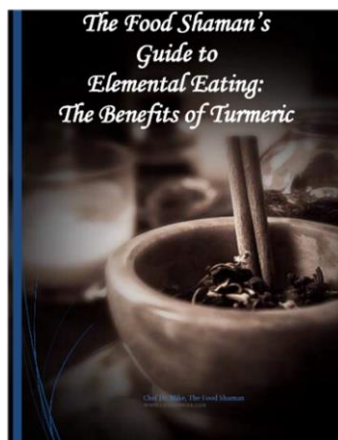


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



### Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*.

## Coquilles St. Jacques with mushrooms

(Continued from page 1)



Scallops are more a great source of protein, magnesium, and potassium.

### Directions:

Melt butter in a large skillet over medium heat; sauté shallots in the hot butter until translucent, 5 to 8 minutes. Stir mushrooms, salt, and black pepper into shallots. Turn heat to medium-high and cook, stirring often, until mushrooms are golden brown, about 10 minutes.

Pour white wine over mushroom mixture, dissolving any browned bits of food on bottom of skillet into wine; bring to a simmer. Strain mushroom mixture into another bowl, reserving mushrooms and cooking liquid separately. Return strained liquid to skillet and stir in cream. Bring to a boil and cook until cream sauce is reduced by about half, about 10 minutes. Stir cayenne pepper, 2 teaspoons tarragon, and lemon zest into sauce.

In another sauté pan add butter to a hot pan, Season each scallop with salt, pepper & cayenne mix.

Sear each side of the scallop so they become brown and the scallops is translucent. Be careful not to overcook the scallops

Divide mushroom mixture onto plates, in the center of each plate place about 3 scallops onto each portion. Spoon cream sauce over scallops to coat; let sauce drizzle down into mushrooms. Sprinkle lightly with paprika or cayenne.

You can view Doc's award-winning cooking videos here: [Dr. Mike Cooks](#).

Check out The Food Shaman's latest musings at [Psychology Today.com](#)

## HEALTHY BYTES BY THE NUMBERS

>12%

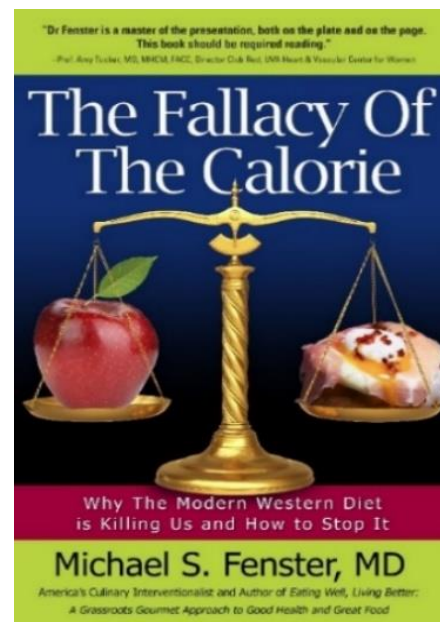
The percentage of the United States population currently believed to be diabetic (primarily Type II (2) Diabetes).

>20%

The percentage of meat consumed in the United States that is processed

*Food Shaman: The Art of Quantum Food. Michael S. Fenster, MD. Post Hill Press, June 2018*

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at [Amazon.com](#).

Don't miss a new show every Wednesday at 7am Eastern on [ChefDrMike.com](#) or catch the podcasts on [iTunes](#) or [chefdrmike.com!](#)